

Counselling provides the client with an opportunity to share their thoughts and feelings with a sensitive and responsive listener, it can help people to come to terms with their own illness or that of a loved one.

Some people are fortunate in having support from their family while others find themselves isolated. People are often encouraged to be "positive" by their families whereas what they actually want to do is express their despair. Counselling with its particular combination of understanding, concern and objectiveness can be of help to people in this situation.

Although counselling can be difficult to ask for, people often find it a relief to talk to someone outside the family who can enable them to explore their feelings at all stages of the cancer experience.

The benefits of counselling vary depending on the problems presented by the client. It can help alleviate feelings of isolation; assist in developing new coping mechanisms; help reduce symptoms of anxiety and depression; enhance communication skills and promote a sense of control.

Our Counsellors are experienced and fully qualified to Diploma level, they hold full accreditation with their professional body, or are currently working towards this. Counselling and Therapy staff are trained to support cancer patients, families and carers with a client led/centred approach. In addition, the Clinical staff are fully supported with regular supervision/mentoring.

All of these services provided take place within a confidential and sensitive setting, and for those clients who are too ill to attend the support centres, the services can be provided within the comfort of their homes.